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12 A Plan Of Attack...

Illustrations by ZZ Design Building a winning club means doing your homework. Just as a general plots his moves on the battlefield—the Indians front office must prepare for the future by building a strong farm system. One of the most important aspects to being successful in the business of baseball is preparing for the June Draft—where 362 days of careful planning, foresight, and a little luck can go a long way.

36 Let's Get Two!

by Jim Ingraham; Illustrations by ZZ Design The baseball diamond is the only place where 6-4-3, 4-6-3, or 5-4-3 can add up to two—two outs that is. The double play is one of the most exciting plays in baseball, and one of the toughest.

46 Sandy Alomar—Worth the Weight...

by Jim Ingraham Sandy Alomar has waited a long time to get back to his "Rookie of the Year" form. It took a grueling rehab and weight training program to get there, but now the Tribe catcher is hoping to enjoy the fruits of his "weighty" labor. If the results are as good at the end of the season as they were in the first month, all the hard work will have been more than worth it.

54 Life Beyond The Fences...

by Alex Slemc Everyone needs some time to wind down after a hard day's work—even Major League ballplayers. Take a look at some of the extra-curricular activities that a few of our Tribesmen enjoy.

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"...Sometimes
you can't see
the runner
coming, but
you know he
is. The key for
the infielder
is to keep
moving..."
—Toby Harrah
Third Base/
Infield Coach

second base), that's what I started to do," Vizquel says. "I don't want to make contact with those guys if I don't have to."

Vizquel says Joe Carter and Paul Molitor are the two hardest base runners to avoid on double plays, but, ironically, it was Baerga who was responsible for one of Vizquel's knee injuries.

It happened during the 1990 spring exhibition game. Vizquel, then with Seattle, was upended by Baerga at second base. Vizquel wound up with a sprained ligament in his left knee, which caused him to start the season on the disabled list.

"I think the reason was that Omar was taking

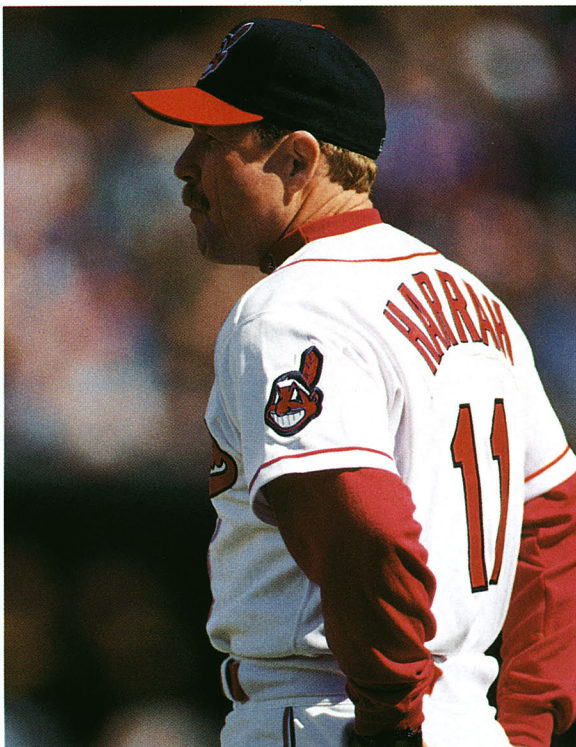


Photo Credit: Gregory Drezdson

a throw from the third baseman (which is unusual—the second baseman usually takes throws from third base), and he never saw me coming," Baerga said.

In '94, his first year with the Indians, Vizquel injured his other knee. He was flattened by Texas' Ivan Rodriguez on a slide that some Indians players believe was a cheap shot.

"He got me just as the ball went into my glove," says Vizquel, who spent

six weeks on the DL.

It's a fine line between what is and isn't a cheap shot when a base runner rumbles into second base, looking to break up a double



PARK, DINE, PLAY. THE
TAKE THE AVENUE

"I feel like I am a more mature hitter now than when I was a rookie... Now I know the pitchers better, I know their tendencies, and what they might throw in certain situations."

— Sandy Alomar

ples of catchers, past and present, who were above average in height but were never labeled as injury prone.

"I don't think arguing that Sandy's injuries are because 'he's too tall to catch' is valid," Montes said. "Look at offensive linemen in football. They are some of the tallest players on the field. They experience contact on every play, yet they are traditionally the most durable players on the team."

Montes says body awareness is one of the best ways to avoid injury—assuming all the preliminary steps are taken in getting the body in proper shape to begin with.

"That's an area Sandy has improved," Montes said. "He has learned to stay within his own realm physically. To protect himself better in certain situations. That's something you can't teach. It's more an instinct."

Last year, Montes estimates Alomar played at between 85 and 90 percent of his physical capabilities, due to the ongoing rehabilitation of his knee.

"Then over the winter, we wanted to rest his knee, while working on other parts of his body," Montes said.

Both Alomar and Montes knew that, because of this approach, Alomar would not be in peak shape at the start of spring training—but then, the program wasn't finished.

Alomar's conditioning program wasn't going to stop just because spring training started.

"Sandy came to camp

not in his best shape, because of the way we worked him during the off-season (in resting his knee)," Montes said. "But he was in adequate shape. He was at a point where if he continued to work hard in training camp, he would be right where we wanted him to be at the start of the season."

That's exactly what happened. The season started, and Alomar was ready. He acted, reacted, and played like a man no longer nursing or trying to play with aches and pains. And his performance showed it.

He had at least one hit in 21 of his first 22 games this season. That included a career-high 17-game hitting streak.

Ironically, what is frequently overlooked by those fretting over Alomar's run of injuries is that when he's healthy, he has the potential to be one of the most productive catchers in the big leagues offensively, and one of its best defensively.

On the day Alomar's 17-game hitting streak ended, he had, since the start of the '94 season through the end of the hitting streak, accumulated 575 at-bats, which is roughly the equivalent of one full season.

In those 575 at-bats, Alomar had a .297 BA, with 26 HR and 91 RBI. Those are excellent numbers for any position, much less a catcher.

"I feel like I'm a more mature hitter now than when I was a rookie," Alomar said. "In some ways, 1990 was easier. None of the pitchers knew me, and I didn't think about anything. I just went up there and hit—like the way Manny Ramirez does. He doesn't always know the count, but he's up there swinging away and getting hits. I was a little like that as a rookie."

Now, Alomar uses his head as much as his bat to be successful at the plate.

"Now, I know the pitchers better, I know their tendencies, and what they might throw in certain situations," he said. "I'm aggressive. I'll always be that way. Knowing the pitchers has helped me a lot."

Defensively, the knee injury has caused Alomar to slightly alter the way he plays.

"I squat differently now because of my knee," he says. "I used to squat down

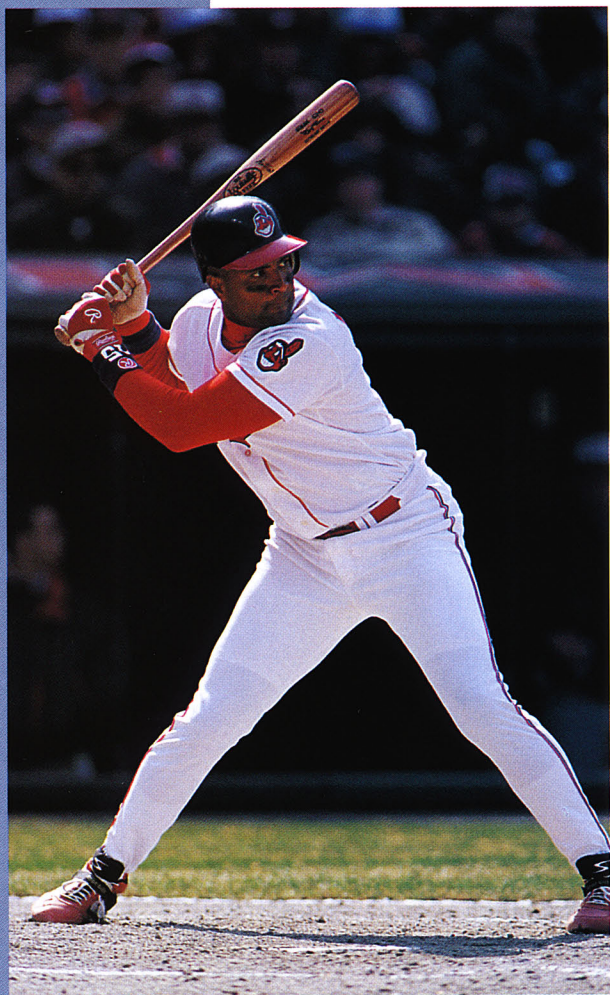


Photo Credit: Gregory Drezdson



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Scott L. Boras

HOW TO SCORE

Baseball fans can enjoy the sport to the fullest extent by keeping track of the game and pinpointing those big plays that bring victory or defeat. All you need is a basic knowledge of the rules.

Although there are countless scoring methods, experts use a simple code based on numbering players by position and tracing action through the use of symbols. It's easy and fun.

In fact, why not devise your own scoring system with the basic suggestions on this page.

One such suggestion on player substitutions is to use a heavy or wavy line under or over a box to indicate a change, either of a player or batter.

If a batter flies to the rightfielder, merely use the figure 9. If it is a foul fly, use 9F.

Now that you are an official "scorer," you can really enjoy baseball games.

| Team | Pos. | 1 | 2 |
|-------------------|-------|----------|-------------|
| Rightfielder | 9 | 4-6 W | |
| 2nd Baseman | 4 | 3 ④FO | |
| 1st Baseman | 3 | = | |
| Centerfielder | 8 | SF 8 | |
| Designated Hitter | DH | K | |
| Leftfielder | 7 | | 4-6 |
| Catcher | 2 | | DP 4-6-3 |
| 3rd Baseman | 5 | | ≡ |
| Shortstop | 6 | | 7 |
| Pitcher | 1 | | |
| TOTALS | R / H | 1 / 1 | 1 / 2 |

Walked and was forced out at second (2nd baseman to shortstop).

Reached first on fielder's choice when runner was forced out, advanced to third on double by 3rd place hitter, scored on 4th place hitter's sacrifice fly.

Doubled; did not advance further.

Flied out to center field scoring runner on third.

Struck out—end of the inning.

Singled; later forced out at second (2nd baseman to shortstop in first half of double play).

Hit into double play (2nd baseman to shortstop to 1st baseman).

Hit home run.

Flied out to leftfielder—end of inning.

USE THESE SYMBOLS FOR PLAYS

| | | |
|----------------|---------------------|---------------------|
| — Single | FC Fielder's Choice | PB Passed Ball |
| = Double | HP Hit by Pitcher | BK Balk |
| ≡ Triple | WP Wild Pitch | K Struck Out |
| ≡ Home Run | SB Stolen Base | BB Base on Balls |
| E Error | SH Sacrifice Hit | FO Forced Out |
| F Foul Fly | SF Sacrifice Fly | IW Intentional Walk |
| DP Double Play | CS Caught Stealing | |

CAN YOU SCORE

THIS PLAY?

The ball was hit to the shortstop, who threw it to the second baseman. The second baseman was able to force out the runner who had been at first. He then threw the ball to the first baseman to get the batter out, turning a double play.

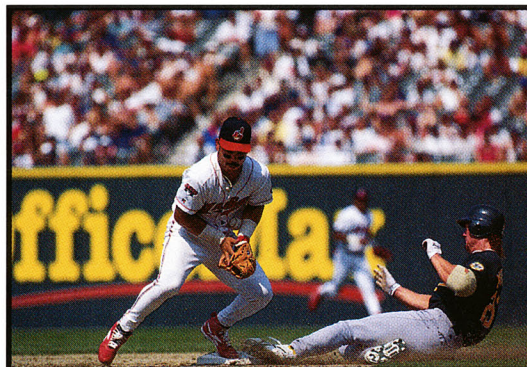
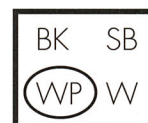


Photo credit: Gregory Drezdson



In this example, the hitter reached first base on a walk, stole second, advanced to third on pitcher's balk, scored on a wild pitch.



Albert Belle



MAJOR LEAGUE BASEBALL AND THE INDIANS MAKE "TEAM" A WINNER

Baseball's most important pitch this season won't come from a mound. In an effort to combat drinking and driving, Major League Baseball, together with the Techniques for Effective Alcohol Management (TEAM) coalition, will make a comprehensive appeal to fans this year. The message:

PLEASE DON'T DRINK AND DRIVE.

Major League Baseball joined TEAM in 1987. Fourteen organizations are now members of the coalition, representing professional sports, federal and state agencies, and private industry. In addition to Major League Baseball, Allstate Insurance Company, CBS Sports, Comsat Video Enterprises, the International Association of Auditorium Managers, Mothers Against Drunk Driving, the Motor Vehicle Manufacturers Association, the National Association of Broadcasters, the National Association of Governor's Highway Safety Representatives, the National Basketball Association, the National Collegiate Athletic Association, the National Traffic Safety Administration, the National Hockey League, and the National Safety Council are members.

TEAM was established to accomplish two objectives:

- Assist ballparks and arenas in the development of alcohol management policies and procedures.
- Conduct public service campaigns that reinforce awareness of the dangers associated with drinking and driving. These campaigns promote the value of a designated driver and the importance of responsible drinking.

As part of the TEAM program, each Major League club has reviewed its alcohol policies. Every club is running public service announcements asking fans to drink responsibly and warning them against the consequences of drinking and driving.

The results have been encouraging. The number of alcohol-related incidents in and around baseball parks has dropped.

Baseball's efforts also include a multi-media public service announcement campaign that promoted "TEAM Spirit" on television during network telecasts of regular and post-season games. TEAM PSA's over the years have featured Tommy Lasorda, Mark Langston, Shane Rawley, Chili Davis, and Don Baylor encouraging fans not to drink and drive.

The Indians have also been a leader when it comes to safe, responsible drinking at Jacobs Field. All hosts, guest service personnel, security guards, ticket sellers, and parking lot attendants are trained in spotting the signs of intoxication among fans and how to control and prevent alcohol-related incidents.

In addition, there are banners behind concession stands encouraging fans to drink responsibly and to choose a designated driver in their group. Those interested in participating in the Designated Driver program, **sponsored by A1 General**, may sign up at Guest Service Centers, Section 116 of the Main Concourse or Section 519 of the Upper Concourse, to receive a free soft drink certificate, a wristband saying they aren't purchasing alcohol, and a chance to win an Indians baseball cap from the Team Shop.

The Cleveland Indians want you safe, because we want you back. Please drink responsibly.



Photo Credit: Gregory Drezdow, 1995

AMERICAN LEAGUE
Champions



**If you want to wear official
Major League apparel,
you can come to
the Indians Team Shop.**

**Or you can work your way up
through the minors.**

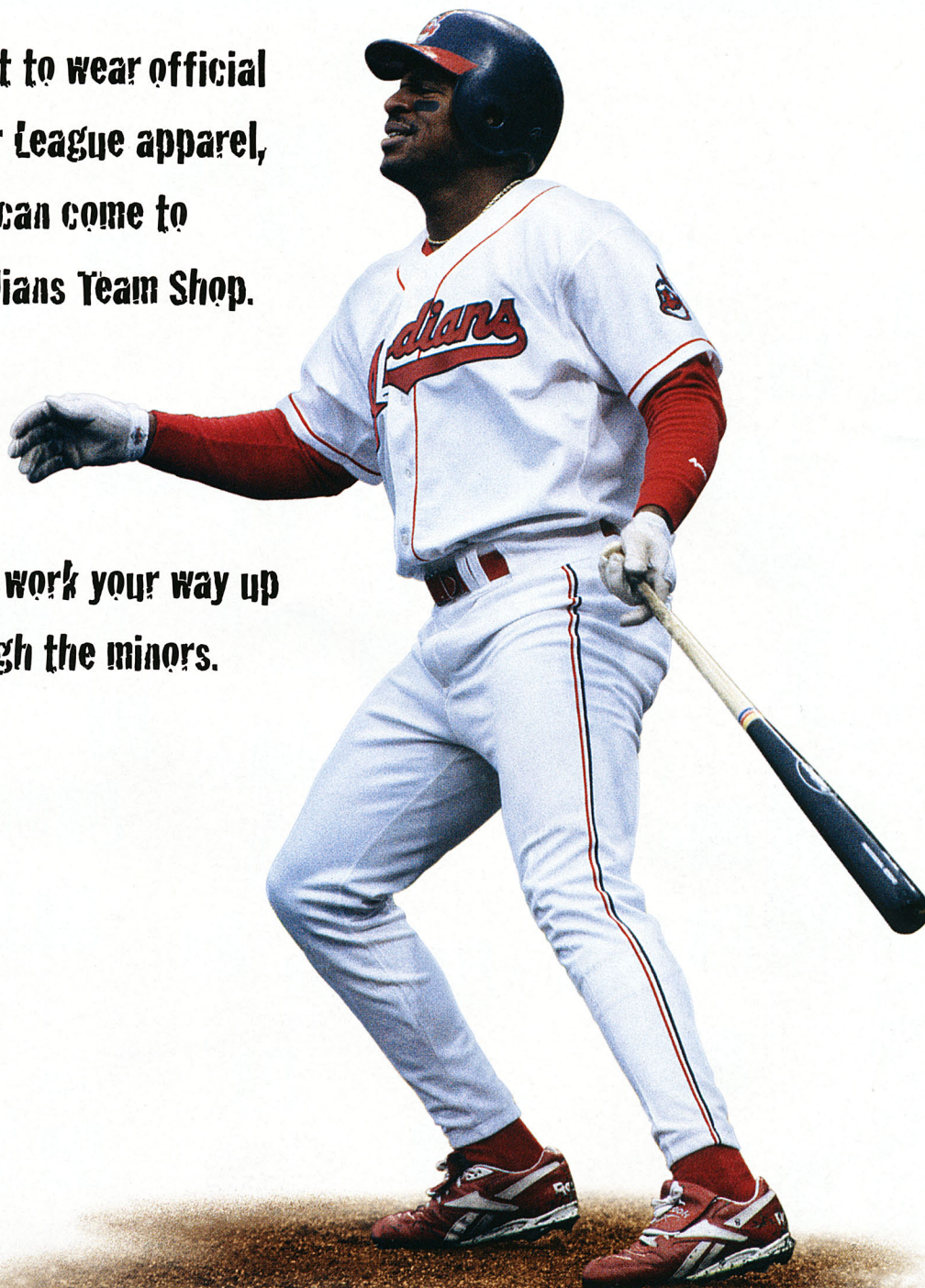


Photo Credit: Gregory Drezdson

All-Star slugger Albert Belle spent 2½ years in the Tribe farm system before he put on an Indians uniform. But you just have to spend a few minutes at the Indians Team Shops. Because here, you can get official Tribe jerseys, and caps just like the players wear. You can also get t-shirts, sweatshirts, sweaters, jackets, baseballs, pennants, flags, videos, children's items and novelties too. So stock up for the new season while the selection is good. Visit the Indians Team Shop at Jacobs Field, the Galleria at Erieview or Belden Village Mall in Canton. To order by phone, call 216-420-GIFT or 1-800-38-TRIBE.

And we'll have you looking like a real pro.



Jacobs Field 420-4444 Hours: Mon. - Sat. 10 a.m. - 6 p.m., Sun. Noon - 5 p.m.
Galleria 420-4443 Hours: Mon. - Fri. 10 a.m. - 7:30 p.m., Sat. 10 a.m. - 7 p.m., Sun. Noon - 5 p.m.
Belden Village 497-8088 Hours: Mon. - Sat. 10 a.m. - 9 p.m., Sun. 11 a.m. - 6 p.m.

THE PLAYERS



Photo Credit: Gregory Drezdson

BOTTOM OF THE NINTH



Photo Credit: Gregory Drezdson

Pretty maids all in a row!

